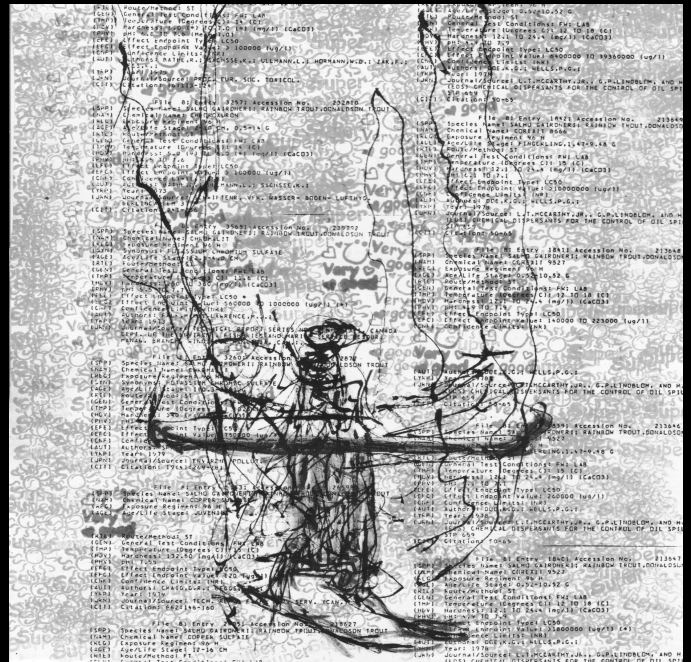


BEHOLD, THE ORACLE!

1. How can I submit my artwork to Manual Breathing for consideration?

Works of art may be submitted at the highest definition possible to our official email at:

wearemanualbreathing@gmail.com



2. What types of artistic expressions does Manual Breathing feature?

The possibilities are endless, but for example, we accept:

- **Static Visual Art** (paintings, drawings, sketches, photography, digital work, etc.)
- **Fluid Visual Art** (video art, short films, documentaries, animation, etc.)
- **Writings** (short stories, essays, interviews, poetry, etc.)
- **Sonic Art** (songs, EPs, albums, live performances, etc.)

3. Is there a specific theme or criteria for submissions?

Each edition is released through a containing theme. The work submitted within each must be original creations, and therefore must not be stolen, traced, created solely with AI, or otherwise plagiarized.

No gore and no pornography is accepted within releases. If these rules are otherwise not heeded, the submission turned in will be ignored and not put into the next edition.

4. How frequently are new pieces featured?

New work is shown within every new volume of MANUAL BREATHING, which is released quarterly every year.

5. Can I submit work that has been previously published or exhibited elsewhere?

As long as the work is your own and you have permission to republish it, then YES!

6. Does Manual Breathing accept collaborative projects or only individual works?

If the collaborations are credited properly, then YES!

7. Are there any restrictions on the format or size of submissions?

The zines are released in A4 format, so please try to keep work released in similar or smaller measurements.

8. *Can I use pieces featured on Manual Breathing for personal or promotional purposes?*

Only if said pieces are yours.

9. *Are there any specific guidelines or best practices for submitting work?*

Be yourself, and be timely.

10. *How can I stay updated on new submissions and features on Manual Breathing?*

Follow MANUAL BREATHING on our social media profiles to stay updated.

Instagram: @wearemanualbreathing

<https://archive.org/details/@manualbreathing>

11. *What should your submission format look like?*

Within each email, fill out the following list:

Name (or username):

Title of submission:

Materials:

Description:

12. Does Manual Breathing own creations submitted within its editions?

Manual Breathing claims no ownership to any intellectual property submitted within its editions.

13. Does Manual Breathing accept payment for submissions, or does Manual Breathing offer payment for submissions?

No. No one pays when they submit artwork.